

PULSE

A magazine for nurses
by SUPER SHOES

**WINNING THE
HOLIDAYS**
HOW YOUR PARTNER
CAN HELP!

WINK
THE SCRUBS YOU



Holiday Edition!

**KID-FRIENDLY
RECIPES**
TO MAKE TOGETHER

**TIPS FOR
HOSTING**
PLAN AHEAD THIS SEASON!

Featured Top:
The Holiday Penguin V-Neck
by Willow Brook

WINTER 2017

SUPER SHOES

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TOP STORIES

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Need new letter

Welcome to our **FALL** edition of **PULSE!** Fall has always been my favorite season – I love the beautiful crisp days, the changing leaves, and of course indulging in all things pumpkin spice! Whether you're answering a call light for what seems like the hundredth time, or strolling through a pumpkin patch, our hope is to **ENRICH** and **INSPIRE** you wherever you are.

Meet **MEGAN SCHROYER** on pg 13, a physician's assistant who has a passion for providing exceptional healthcare to her patients. We'll also introduce you to Victoria Gise, who gives us a glimpse into the life of a **TRAVELING NURSE**. Don't miss our **EXCLUSIVE INTERVIEW** with **MED COUTURE** on pg 39. We've got some great fashion tips for you on pg 3 to keep you up to date with the latest fall trends. You'll want to try out our mouth-watering recipes in our **TASTE TEST** section – the slow cooker caramel apple crumble is one of my favorites!

Check out our **RN MEN SECTION**, with our resident sports experts Dewey and Otis! Read up on their latest debate on "The Unbreakable Record" and let us know which side of the coin you're on. Be sure to check out our **JACKMAN WORKS** feature and the custom bench he built for **CAROLINA BOOTS**.

We've also included our **EXCLUSIVE COUPON CODE** throughout the pages of this edition for a great offer on uniforms, footwear, accessories, and more. Want to be featured in our next edition? Email us at: **PULSE@SUPERSHOES.COM** – we'd love to hear from you!

Happy Reading!

Katrina Yoder

WINNING THE HOLIDAYS

How your partner can help this holiday season.

By NAME

I'm a guy. A married guy.

And every holiday season my stress level goes up for the entirely WRONG reason. See, my wife gets incredibly busy during this time – decorations and gift buying and school projects and dinners and the list seems to never end. And truly, I want to help out. I desperately want to take some of her stress away of her by contributing to whatever it is that will serve her best. The problem is that I can never guess correctly – and in the moment, if I ask what I can do to help, she understandably keeps me at arm's length in a heroic attempt to do everything for everyone in an entirely perfect way. But the feelings of helplessness and ineptitude are stressful for me!

I know that husbands the world over have all been through this. Heck, we're fixers. We're problem-solvers – and yet there we are standing in the shadows, shoulders slumped and sunken pride, just wishing we could be worth our weight.

So I went straight to the source. I asked women, "What can we do during the holidays that will actually be helpful and appreciated by our significant others?"

Here's what they had to say



"A little goes a long way. Those everyday routine chores become a lot busier during the holiday season, so it's extremely helpful to me when my husband pitches in with dinner, dishes, etc."

"If you know that she likes something done a certain way, let her do it. It's okay. Focus on the little things that can be a major help, like dishes, vacuuming, or taking your child away for the day so that you can get some wrapping done. If you're nervous about jumping in and doing something, just mention it to her! Say something like, "Hey sweetie, I was thinking maybe I'll take Joe to the park so you can focus on decorating or writing Christmas cards." It's so helpful to me when my husband takes initiative instead of just asking what he can do."

"We all know that pile of laundry never ends, am I right? It's really helpful when my husband does a load or two without being asked (but don't limit that to just the holidays, gentleman)! Another helpful thing: I have no idea what to buy for your father/brother/coworker/etc – please give me ideas if you want me to pick something up, or pick something up yourself."

"Pick me up a gift certificate for a massage that I can use while you babysit the kids in January after the holidays are over!"

"Before you ask what we have going on... check the calendar that I have shared with you and perhaps even participate/help out with something on that calendar. That would be amazing!"

"Fill out gift labels (to/from). Other great ideas that are super helpful: watering the tree, preparing a meal once a week (even if it's just take out, putting it on paper plates and cleaning up would be huge), help with weekly cleaning, and even help buy gifts if you can!"

"The first things that come to mind are: **1.** Being present (alert, aware, available). **2.** Watch the kids so she can get her to do list done uninterrupted. **3.** Offer to help (not with a specific task) but simple asking "how can I help". Help her feel "seen" and "heard" during that time."

"When it comes to the holidays we try to work as a team now because over the past few years I learned that I was hijacking my husband's holiday fun as well as stretching myself thin. Being a recovering Holiday Hijacker myself my best advice would be.... speak up if you whole heartedly want to be involved or want to help and if not back off."

"In our household what is helpful is that my husband is just involved with every aspect from beginning to end. We hang the lights together, we find the tree and decorate together, we shop together, we wrap together, we literally do everything over the holidays together. That's not to say that I don't pick up gifts here and there by myself, but we have discussed the purchase and I know exactly what I'm going for. He's involved and happy to be. We have fun with it. Most of the shopping is done on a huge date day. I so look forward to that day together."

"I think it's working with your strengths. My husband enjoys getting everything out and decorating, except for the ornaments on the tree, we all do that, even the kids. I don't have an "eye" for interior decorating or whatever, even in the smallest form but he enjoys making things look presentable and pleasing to the eye. Now shopping? I love the shopping part and my husband could care less, as long as we have some balance and input on what we are getting the kids and whoever. I enjoy cooking Christmas dinner and my husband usually cooks regular dinner throughout the year, so I see that very much becoming a family effort. We wrap together as well after kids go to bed to spend time together." ■

HOSTESS WITH THE MOSTESS

By NEED NAME

Juggle 12 hours shifts, holiday shopping, cooking and family time with ease; make your list and check it twice in early December so you can relax when the holidays are in full-swing!

The holidays – they snuck up on you again. Remember back in July when you were annoyed that stores already started putting out Christmas decorations, and you actually saw people buying them? I do – “just let me enjoy my summer!” I always say to myself. But inevitably, mid-November thru early December, I’m rushing around trying to find that perfect gift, overbuying food because I’m not sure what I need, forgetting to send Christmas cards (again), and hoping my family arrives a few hours later than planned so I can finish cleaning the house.

My mom and grandmother always seemed to have it all together and make it look so easy. I’ve finally realized what they’ve done that I just can’t seem to do – make a plan, set a budget and write it all down. We’ve all been there. Whether you’ve only forgotten the cloves for the ham (my grandfather and I found out the hard way on Christmas morning that 7-11 sells plenty of items, but cloves is not one of them), or you’re rushing to do a full-house scrub-down and going to the grocery store a few hours before company arrives, we hope our guide to helping you be the holiday “hostess with the mostess” will help you make the most out of your time between twelve-hour shifts and family fun.

THE PRE-HOLIDAY PLAN

Get ready for the chaos of decorating, shopping, cooking and preparing for guests, and start your list early (October is a great idea!) – you’ll seriously thank yourself later.

OCTOBER AND NOVEMBER:

- Figure out where you’re actually going for the holidays and who’s coming to you – arrange travel if needed
- Place an order for holiday cards (some websites will even mail them for you!)
- Set a budget for gifts and buy wrapping paper
- Wrap gifts as you buy them (don’t forget the batteries!)
- Check what you already have around the house vs. what you need to buy: dishes, glasses, holiday décor

FIRST WEEK OF DECEMBER:

- Determine your holiday menu, start a master grocery list for meals you’ll be serving and place an order for your main dish (like a turkey or ham) with your local grocer
- Bake items that you can freeze (breads and cookies)
- Deep-clean the house prior to decorating; mopping, vacuuming, dusting and washing will get you ready for visitors early and prevent decorations from having to be moved later; you’ll do a touch-up again a week before in addition to your regular routine
- Decorate: buy any additional items and get a tree

SECOND WEEK OF DECEMBER:

- Purchase non-perishable items like alcohol and canned goods; this should include hostess gifts (wine and liquor are perfect!)
- Mail presents for out-of-town family and friends
- Take note of who is staying with you and check your guest area to make sure you have everything you need (sheets, towels, etc.)

ONE WEEK PRIOR:

- Do a deep-clean touch-up and clean out your refrigerator/freezer
- Purchase any last-minute gifts and do any last-minute wrapping

TWO TO THREE DAYS PRIOR:

- Shop for fresh ingredients
- Set the table so you don’t have to worry about it later; take out plates, cups and serveware (better yet, stick a note on serving dishes so you and others know what’s going where)
- Charge the batteries on your camera
- Complete any final gift wrapping (and, dare I say... shopping – but try to be done with this by at least a week prior!)

THE PRE-HOLIDAY PLAN (CONTINUED)

THE DAY BEFORE:

- Cook anything that can be made in advance and store it in the refrigerator for easy reheating
- Make a quick timeline for when the main course has to go into the oven

THE DAY OF:

- Finish your cooking
- RELAX with friends and family!

GETTING GUEST READY

When family comes to visit, you'll want to ensure that your guests are comfortable in your home. A little prep can avoid them stressing you out more – especially when you give them their own space and whatever they might need without them having to ask or search your house for something. Two major things will keep guests very happy – food and *fresh linens*. Create a welcoming environment and they'll be saying, "Are you sure I'm not at a bed and breakfast?"

PRIOR TO ARRIVAL:

- **Bedroom:** dust and vacuum, change sheets, make the bed (with a few extra pillows and blankets!), ensure there is closet space for them to hang clothes or put luggage, put a few bottles of water on the nightstand (if you're feeling fancy!)
- **Bathroom:** scrub down and mop, change hand towels, change shower curtain liner (if it's yucky!), stock the medicine cabinet with a few extra toiletries (a few toothbrushes, cotton swabs, toothpaste, lotion), add extra shampoo and soap in the shower, put extra toilet paper in plain sight, ensure there is a large stack of fresh towels ready
- **Kitchen:** buy extra ice and bottled water, have coffee and tea on-hand and ready to be made for early-risers, have a basic plan of meals you may be eating (at home or out) and stock the pantry with snacks and breakfast foods – better yet, put them right on the counter (with dishes) so guests can help themselves.

WHEN GUESTS ARRIVE:

- Show them where they'll be staying and tell them in advance if your house has any quirks (the alarm code is TheFunHouse, jiggle the toilet handle three times for it to flush, etc.)
- Have a (very) loose schedule of what's happening during the day (including meals you're providing), especially if you have pre-made appointments (with or without guests), and communicate this to them
- Let them know what to expect in the morning (whoever's up earliest is on coffee duty; there are some buns on the counter and cereal in the pantry, etc.)
- Show them where the snacks are and share the Wi-Fi password
- Give them privacy in the evening and early morning

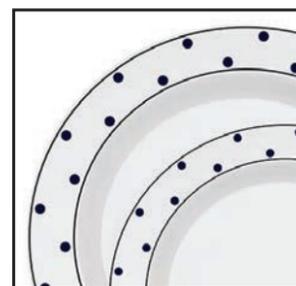
PINTEREST PERFECT?

While it certainly seems to be the "new normal", being "Pinterest perfect" during the holiday season is far from reality. I've tried plenty of recipes, crafts and décor trends that seemed more "fail" than "win". Just remember to be yourself and do what works for you and your family over the holidays. That said, I want to help you entertain with ease...

SETTING THE TABLE:

Inevitably, the holiday season is one of the only times during the year you may take out the "good china". Some of you may want to continue these long-standing traditions, which can be a bit more work (most items have to be washed by hand, of course!), but most families these days refrain from super-formal dining, even at the holidays. Your grandmother may gasp, but why not try fancy plastic plates and cups instead of china to make it a bit easier on yourself?

Can you tell the difference?



*Designer Plastic Plates
courtesy of Smarty Had a Party*



*Designer Fine China from Kate
Spade New York courtesy of Macy's*

Based on your holiday decorating style, add some pizzazz to your dining table. Linen tablecloths are usually reserved for very formal occasions – you may choose to go with linen or a simple table runner and plate chargers or cloth placements. Check out a few of our favorite DIY centerpiece ideas from Pinterest, below; all can be added to your table in under 10 minutes!



Images courtesy of Pinterest

STOCKING THE BAR

Whether you have a liquor cabinet, bar cart, or a dedicated part of the counter for your holiday bar, be sure to fully stock it and keep guests (and yourself) holiday happy.

CALCULATING YOUR NEEDS:

Wine: A typical bottle contains 5 servings

Liquor: A typical 750mL bottle contains 16 servings

Beer: Go for cans/bottles, or opt for a keg if you're throwing a large bash – kegs also come in ¼ and ½ sizes

Mixers: Figure one bottle will cover 3 guests – or opt for cans to minimize leftovers

SUGGESTED SHOPPING LIST FOR 8 - 10 GUESTS:

While we'll suggest some items you may need, below, remember, you know your guests better than anyone!

- About 4 bottles of wine; vary the style and color
- A case of beer (24 cans)
- Two small bottles of liquor; go with vodka, rum, whiskey or gin
- One small bottle of an aperitif or digestif (a liqueur consumed before or after a meal); common ones include: amaretto (Italian – almond flavored), ouzo (Greek – anise flavored), Chambord (French – raspberry flavored), Kahlúa (Mexican – coffee flavored)
- Stirrers and straws
- Disposable cups and shot glasses (or glassware)
- Limes and lemons
- Mixers: cola, ginger ale, club soda/seltzer, tonic water, cranberry juice, orange juice

Bar carts are all the rage right now – they're a great way to stock a bar in a small space, or hide it when you're not entertaining. Check out a few of our favorite bar cart ideas:



Images courtesy of Pinterest

All-in-all, lessen the stress of the holidays by making a list and checking it twice. Prepare yourself early: whether it's extra guests, a missing turkey (It's happened to me!) or a family feud (just kidding – the holidays are supposed to be fun, remember?!), you'll be ready for whatever comes your way.

Do you have any helpful tips to be prepared, get ready for guests and make your house into a cozy holiday retreat? Share them with us on our social channels!  



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HOLIDAY TRADITIONS

We asked our readers to share some of their favorite holiday traditions:



*"Christmas caroling in hometown – tradition since 1848, midnight to 7AM."
-Jon, Hanover PA*



*"Drive around and look at lights on Christmas Eve."
-Keith, Chichester PA*

Each Christmas Eve my extended family gathers at my mom and dad's house for dinner. On the menu is a family soup recipe dating back to our great grandmother's childhood in Italy more than 100 years ago. The recipe is a tradition handed down to each generation as they start their own families. We do not share the recipe with anyone outside of the family, and we still have the original in my great grandmother's handwriting. Alongside the soup is a cocktail of sorts that also traces back to my great grandmother – a mixture of grape juice, ginger ale, and the tiniest splash of whiskey. The kids are allowed a tiny glass – a special holiday moment for the children that is forever remembered fondly.
-Matt



*"Take Skylar to pick out a Christmas ornament."
-Stacy and Tyler*



*"We usually go to a tree farm and choose/cut our own tree. We've been going to the same place since I was a kid."
-Cheryl*



"Label gifts from a family pet."
- Eric

"Before we had the baby, I used to make breakfast pizzas on Christmas morning. My brother makes country sausage. I can't remember what we did last year. Maybe I'll make these pizzas ahead of time this year and just warm them up."
-Tammi Becker

Breakfast Pizza

Yields 2 pizzas

INGREDIENTS:

- 1 bag frozen shredded hash browns
- 18 eggs
- 1 pkg bacon, cooked & chopped
- 1 small red onion, diced
- 2 tomatoes, diced
- 2 green peppers, diced
- Lemon or lime juice
- Garlic Salt
- Cilantro to taste
- Salt & Pepper to taste
- Shredded cheddar cheese

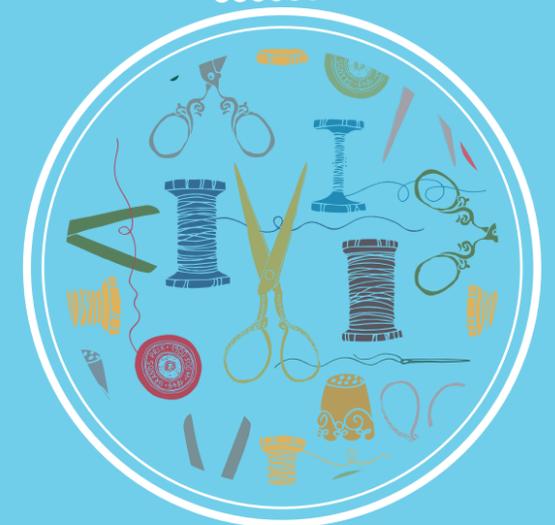
DIRECTIONS:

1. Defrost hash browns – they are easiest to work with at almost room temp. Beat 3 eggs and knead them into the hash browns. Divide & smash onto 2 pizza pans to form the crust. Bake the crusts for 20-30 minutes at 450 till golden brown.
2. Cook the bacon, cool, and chop. Throw it on the pizzas.
3. Dice the red onion, tomatoes, and green pepper; mix together in a bowl. Add cilantro to taste, and a squirt or two of lemon or lime juice. Sprinkle with garlic salt and taste the delicious salsa you just made.
4. Top the pizzas with salsa. Sprinkle on some cheese and throw them in the oven at 350 degrees for 20 minutes.



"Christmas Eve church service 11PM. Scratch off lottery tickets, big Christmas dinner."
-Dan

"My sister purchased a fabric tablecloth, and every year during our holiday dinner, we sign our names with pen or pencil. My sister then goes back and embroiders each signature. It is a special tradition, and it's very neat to see how people's signatures have changed throughout the years."
-Steve



"New Years Eve play board games and eat Chex Party Mix "

-Paul, Mechanicsburg, PA

NYE Party Mix

INGREDIENTS:

- 3 cups corn cereal squares
- 3 cups rice cereal squares
- 3 cups wheat cereal squares
- 1 cup cocktail peanuts
- 1 cup small pretzels
- 1 cup garlic bagel chips
- 1 cup cheese crackers
- 8 tablespoons butter (melted)
- 2 tablespoons Worcestershire sauce
- 1 ½ teaspoons seasoned salt
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon black pepper
- pinch cayenne pepper (optional)

(Bagel chips can be substituted with equal amounts of broken ramen noodles, sesame sticks or potato sticks)

DIRECTIONS:

1. Preheat oven to 250F. Mix first 7 ingredients together in a large bowl. Mix melted butter with Worcestershire sauce and seasonings.
2. Pour butter mixture over cereal mixture and mix until coated. Pour onto two baking sheets and place in oven for 1 hour, stirring every 15 minutes.

Bacon Black Pepper Party Mix

INGREDIENTS:

- 6 to 8 strips of fatty bacon
- 3 cups corn cereal squares
- 3 cups rice cereal squares
- 3 cups wheat cereal squares
- 1 cup cocktail peanuts
- 1 cup small pretzels
- 1 cup cheese crackers
- 1 teaspoon black pepper
- ½ teaspoon garlic powder
- pinch of cayenne pepper (optional)

DIRECTIONS:

1. Preheat oven to 250F. Cook bacon over low heat until crisp, reserving all rendered bacon fat. Strain the bacon fat with wire mesh strainer, if desired. Bacon fat should amount to approx. ¾ cup, if not add melted butter to complete measurement.
2. Add black pepper, garlic powder and cayenne to fat while still liquid. Mix together cereal, peanuts, pretzels and crackers in large bowl. Break cooked bacon into small pieces and add to cereal mixture. Pour fat and seasoning over cereal mixture and stir until coated. ■



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NOT ONLY A NURSE

Meet Kayelynn Pittman, Nursing Student



My drive to become a nurse started when I was about twelve years old. Growing up in a small town it was not uncommon to hear about people being involved in the local volunteer fire departments. My mother and stepfather became members at the local fire department and when I became of age 14, I was able to join as a junior firefighter. I began to participate on calls and would try to be on the apparatuses; whether it be the fire trucks or the ambulance. My mother became an EMT and encouraged me to take part in calls with her which resulted in being more involved with the ambulance crew than the fire crew. This is where my inspiration began. I would watch how the nurses worked in the ER and how they reacted to us when we brought in patients. Being able to see these nurses in action and what parts of their jobs looked like made me decide that being a nurse was the career field I wanted to go into. I continued to volunteer and when I was in high school I applied to the Franklin County Career and Technology Institute (FCCTC) CNA program, which is one of their more in demand programs.

Unfortunately, I did not get accepted, but I was given another opportunity to see what the role of the nurse is like by being a part of the Health Career Institute program at the Chambersburg Hospital. This was an amazing program and I recommend it to all high school students that are considering a job in the medical field. After graduating high school I began to take classes at Hagerstown Community College in their pre-Nursing program. In July of 2015 I saw an advertisement for Wilson College's new RN-BSN program beginning that August. I applied, was accepted, and then began my schooling for my BSN.



When I began nursing school I was not honestly sure what to expect. You always hear stories about how tough it is but it's easy for people to exaggerate situations. After being involved in the nursing program 3 years now, I am able to see why there are horror stories of nursing school. I did not have a specific idea on how I thought nursing school was going to go, but all I knew was that I was excited to be able to begin my journey towards becoming an RN. Nursing school is not for the weak per-se. It is hard, time consuming, and will make you second guess a lot of your thinking, but as you continue your process to earning your degree you realize how the classes and clinicals are not only shaping you to think and be a nurse but is also transforming you into a completely different person; in a good way. You must be able to use your clinical judgement based off of your schooling in nursing school and off of evidence based practice. Another factor



I did not see happening was the relationship you gain with your fellow classmates. Nursing students compared to other degree students are completely two different categories. Your classmates not only become your classmates but they feel like siblings or a person that is a part of your family. You will cry together, laugh together, be there to help each other in any situation, someone to vent to about how horrible select that apply questions are (and they are awful), and just a huge support system that will be there for you all four years you are together in school and possibly out of school as well.

**"YOUR CLASSMATES
NOT ONLY BECOME
YOUR CLASSMATES
BUT THEY FEEL
LIKE SIBLINGS OR
A PERSON THAT IS
A PART OF YOUR
FAMILY."**



I would not be able to get through nursing school if I didn't have such a great support system. I am a wife and a mom of two children. My husband works full time while I grab shifts at Green Village Restaurant and Penn Hall-Menno Haven. My husband is my biggest supporter but I also have my mother, my mother/father in-law, and my grandparents. They all deserve so much credit to helping me succeed and pushing me through the nursing program because if it wasn't for them then I don't honestly know what I would do. Another person that helps me through is one of my professors Dr. Julie Beck. She is an inspiration to all who want to be a nurse. She not only is a great instructor, but she also is a wonderful person who takes the time to get to know her students and helps push them to their potential. It is important to have that type of role model to look up to because she makes you want to believe in yourself like she does and hope to be able to inspire others when you begin working as an RN.

"I WOULD NOT BE ABLE TO GET THROUGH NURSING SCHOOL IF I DIDN'T HAVE SUCH A GREAT SUPPORT SYSTEM. I AM A WIFE AND A MOM OF TWO CHILDREN. MY HUSBAND WORKS FULL TIME WHILE I GRAB SHIFTS AT GREEN VILLAGE RESTAURANT AND PENN HALL-MENNO HAVEN. MY HUSBAND IS MY BIGGEST SUPPORTER BUT I ALSO HAVE MY MOTHER, MY MOTHER/FATHER IN-LAW, AND MY GRANDPARENTS. THEY ALL DESERVE SO MUCH CREDIT TO HELPING ME SUCCEED AND PUSHING ME THROUGH THE NURSING PROGRAM BECAUSE IF IT WASN'T FOR THEM THEN I DON'T HONESTLY KNOW WHAT I WOULD DO."

After I graduate I am not sure what I want to do. I love to work with babies so I may look into a job dealing with babies/children. I am pretty much open to anything because I would love to have experience in several areas of nursing. It is just amazing to think that when I began this course four years seemed like a long time, but here I am on my third year and it all flew by. Any advice I could give to anyone looking to go to school for nursing would be, keep pushing forward. You will have several moments that will drag you down or feel like giving up. Even if you have to cry it out, just keeping pushing, it will all be worth it in the end. ■

#notonlyanurse

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"JUST A NURSE"

Nurse Buys Groceries In Her Scrubs, Then A Woman Makes A Rude Comment About Her Job

By Ann-Sophie Kaemmerle



When it comes to saving lives, doctors usually get most of the credit. They are the ones with the most training, the most years spent in school, and — let's face it — the high paychecks.

But this doesn't mean that other medical professionals, like nurses and EMTs, shouldn't get their fair share of credit when it comes to saving, comforting, and mending people, both physically and emotionally. However, many people still regard nursing as an insignificant job.

Nurse Caitlin Brassington came across this backward thinking when she ran into an acquaintance at the grocery store. She was wearing her nurse's scrubs, and the woman was surprised to find out about her profession.

But it wasn't her ignorance of the fact that shocked Brassington. It was how she used the word "just" in her sentence, as if her job had little to no importance in society.

That's when she decided to fire back on social media, listing all the ways nurses all over the world have helped — and continue to help — those in need.

"‘JUST A NURSE’. I AM JUST HOME FROM A BUSY SHIFT, LOOKING VERY ORDINARY IN MY SCRUBS. ON THE WAY HOME TODAY I STOPPED AT THE SHOP FOR MILK AND SAW AN ACQUAINTANCE. SHE HAS NEVER SEEN ME IN UNIFORM AND SAID THAT SHE DIDN'T [REALIZE] I WAS ‘JUST A NURSE’."

"‘Just a Nurse’. I am just home from a busy shift, looking very ordinary in my scrubs. On the way home today I stopped at the shop for milk and saw an acquaintance. She has never seen me in uniform and said that she didn't [realize] I was ‘just a nurse’."

"Wow! Over my 18 year career I have heard this phrase many, many time[s], but today it got to me. Am I just a nurse?"

"I have helped babies into the world, many of whom needed assistance to take their first breath, and yet I am just a nurse."



"I have held patients hands and ensured their dignity while they take their last breath, and yet I am just a nurse."

"I have [counseled] grieving parents after the loss of a child, and yet I am just a nurse."

"I have performed CPR on patients and brought them back to life, and yet I am just a nurse."

"I am the medical officers eyes, ears and hands with the ability to assess, treat and manage your illness, and yet I am just a nurse."

"I can [auscultate] every lung field on a newborn and assess which field may have a decreased air entry, and yet I am just a nurse."

"I can educate patients, carers, and junior nurses, and yet I am just a nurse."



"I am my patients advocate in a health system that does not always put my patients best interest first, and yet I am just a nurse."

"I will miss Christmas Days, my children's birthdays, and school musicals to come to work to care for your loved one, and yet I am just a nurse."

"I can take blood, cannulate and suture a wound, and yet I am just a nurse. I can manage a cardiac arrest in a newborn, a child or an adult, and yet I am just a nurse. I can tell you the dosage of adrenaline or amiodarone based on weight that your child may need to bring them back to life, and yet I am just a nurse."

"I have the experience and knowledge that has saved people's lives."

"SO, IF I AM JUST A NURSE, THEN I AM RIDICULOUSLY PROUD TO BE ONE!"



[VIEW THE FULL ARTICLE HERE](#)

SUPER MOVED

MOMS ARE SUPER MOVED BY THIS PHOTO OF A NEW MOM AND HER NURSE.

By Morgan Shanahan, BuzzFeed

Recently, Jill Krause, a writer and mom of four, saw the photo below (taken by Katie Lacer) and was overcome with gratitude for the labor, delivery, and postpartum nurses who guided her through her most vulnerable moments. She put her thoughts into a Facebook post that quickly went viral.



Image courtesy of Momma KT Shoots



THE POST READS:

I'll never forget the faces of the nurses who followed me into the bathroom after delivering each baby. That moment when I was so vulnerable, so tired, scared, shaky. My swollen belly deflating, and my modesty long gone. They treated me with such kindness and dignity. For me, these have been moments of empowerment and confirmation that I have a real village to help me, even if just for that little bit of time in a bathroom, on a toilet, while a kind nurse shows me how to put an ice pad on my mesh undies. This photo by my friend MommaKT Shoots just takes me right back. Like, I can smell the Dermoplast. Let's hear it for the nurses and the doulas and anyone else who shows us how to make ice pad underwear (or helps with that first shower post c-section!) <3

Within a day Krause's post had been shared over 24,000 times. Soon moms started commenting with their own incredible stories of gratitude for the nurses they encountered.

"When I was pushing, I'll never forget pulling my face away from my nurse's chest to see her scrub top SOAKED with my sweat and tears. I was like, 'Oh my god I'm so sorry!' And she said, 'Baby, this is life all over my shirt. Nowhere else I'd rather be. Now let's get that baby out.'" —Leigh Kathleen, Facebook

"I will never forget the nurse that helped me get to the bathroom for the first time after I had my daughter. I was hemorrhaging and when I stood it was so humiliating...but that kind soul didn't flinch. I kept apologizing and she kept reassuring me that it was nothing. I will never forget watching her clean my legs and I just kept thinking that this is what my God means when he says love your neighbor."
—Tiffany Barnes



[VIEW THE FULL ARTICLE HERE](#)

Kid-Friendly Recipes To Make Together



Christmas Tree Waffles

INGREDIENTS:

- 2 cups waffle mix
- 1 1/3 cups milk
- 1 egg
- 2 tablespoons vegetable oil
- 2 teaspoons McCormick® Pure Vanilla Extract
- 15 drops McCormick® Green Food Color
- Confectioners' sugar
- Mini candy-coated chocolate pieces, such as M&M's® Minis

DIRECTIONS:

1. Preheat round waffle iron. Spray with no stick cooking spray. Mix all ingredients, except confectioners' sugar and candy pieces, until blended.
2. Pour about a third cup of the batter onto center of hot waffle iron. Close lid. Cook about 5 minutes or until no longer steaming. Carefully remove waffle. Repeat with remaining batter.
3. Break each waffle into 4 triangles. Layer 3 triangles on a serving plate to resemble a Christmas tree. Sprinkle with confectioners' sugar. Use candy-coated pieces to decorate the tree as ornaments.

Melted Snowman Bark

INGREDIENTS:

- 1 package White Melting Chocolate
- Mini Reese's Peanut Butter Cups
- Wilton Candy Eyes
- Orange Jimmies Red Hot Candy
- Pretzel Sticks
- Silicon baking mat or wax paper

ARTICLE SOURCE

DIRECTIONS:

1. Line a cookie tray with either a silicon baking mat or wax paper
2. Melt chocolate according to the directions on the package
3. Cut the bottom portion of the peanut butter cups off and put them back together, but slightly off alignment (this gives it the "hat" look)
4. Pour chocolate on to baking mat and spread out using a spatula
5. Place all of the "snowman" parts on top of the chocolate
6. Place in refrigerator for 10 minutes to set
7. Carefully break into pieces. (I used a knife to "guide" the breaks) Enjoy!



OREO Ornaments

INGREDIENTS:

- 1 pkg Vanilla CandiQuik
- 20-24 Miniature Reese's PB Cups
- Assorted candies/sprinkles (miniature M&M's, Reese's Pieces, holiday sprinkles, dragees, frosting, chocolate, etc).

DIRECTIONS:

1. Melt the CandiQuik according to package directions, until smooth and melted. Dip each Oreo cookie into the CandiQuik using a fork, allowing excess chocolate to drip off. Place the coated Oreo onto a foil-lined baking sheet.
2. Immediately attach a miniature PB Cup on the top of the Oreo for the ornament topper. Then immediately decorate the Oreos with the assorted candies or sprinkles. Consider making striped, polka dot or chevron patterns, or any other pattern or arrangement you'd like!
3. Allow the Oreos to set before serving or packaging.

ARTICLE SOURCE

OUR FAVORITE HOLIDAY APPETIZERS



Mini Cheese Ball Bites

INGREDIENTS:

- 8 ounces cream cheese, at room temperature
- ¾ cup (about 3 ounces) blue cheese crumbles
- ¾ cup dried cranberries, finely chopped
- 1 ½ cups pecans
- Pretzel sticks

DIRECTIONS:

1. In a medium bowl, beat together cream cheese, blue cheese, and dried cranberries until smooth. Dampen hands to prevent sticking and form cream cheese mixture into approximately 24 tablespoon-sized balls. Cover and refrigerate for at least two hours or until firm.
2. In the meantime, toast the pecans by spreading out on a sheet pan and baking in a preheated 350°F oven until lightly toasted and fragrant, for 7 to 10 minutes. Allow pecans to cool and finely chop them.
3. Roll chilled cheese balls in chopped pecans, pressing nuts so that they adhere. Keep cheese balls refrigerated until ready to serve. Just before serving, skewer each cheese ball with a pretzel stick.

ARTICLE SOURCE



5 Million Dollar Dip

INGREDIENTS:

- 5 green onions, chopped
- 8 oz cheddar cheese, shredded
- 1 ½ cups mayonnaise
- ½ cup real bacon bits
- ½ cup slivered almonds

DIRECTIONS:

1. Add green onions, cheddar cheese, mayonnaise, bacon bits, and slivered almonds to a small bowl. Mix until combined and chill for at least 2 hours. Serve with your favorite crackers.

ARTICLE SOURCE



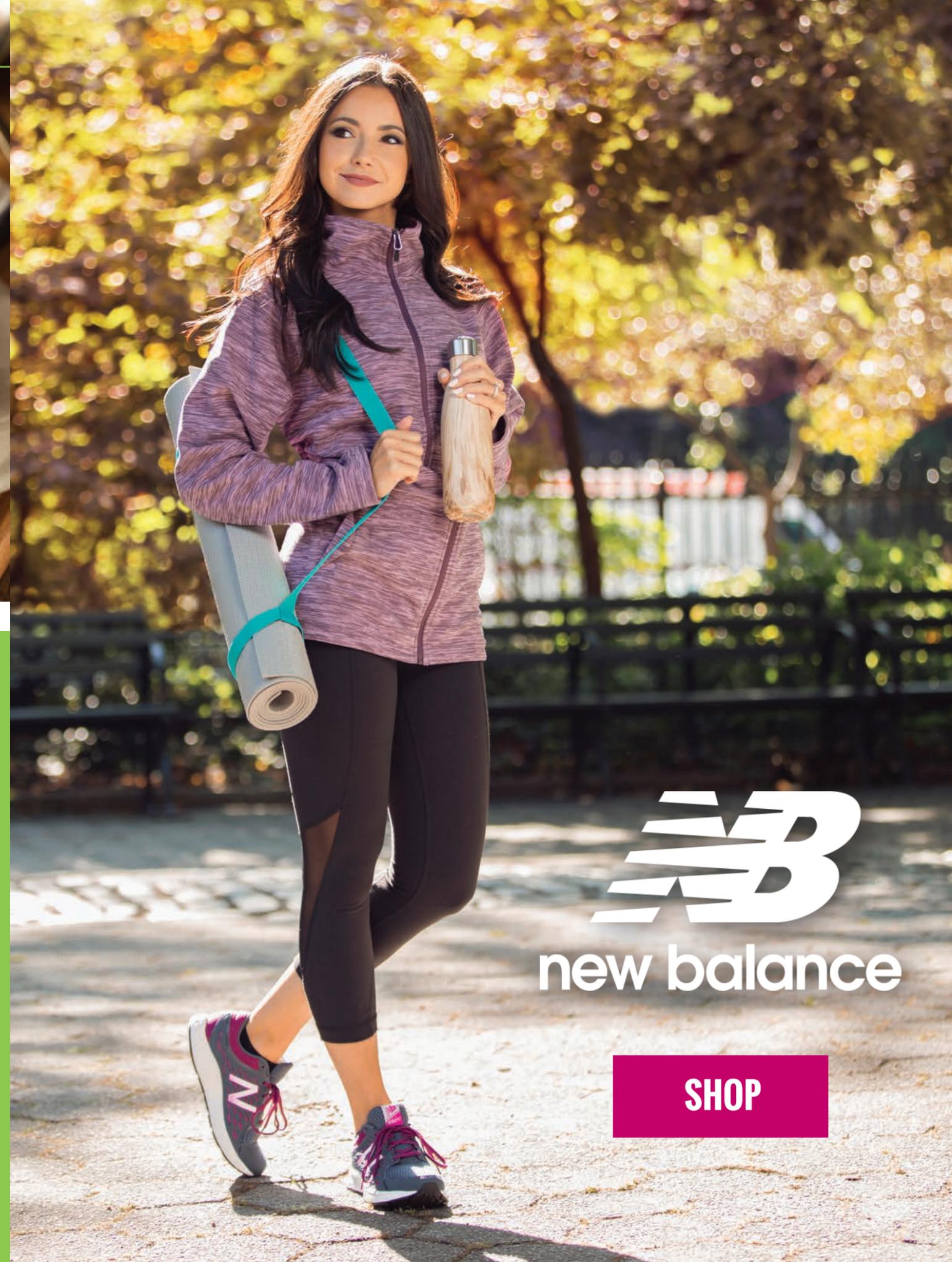
Spicy Cranberry Barbecue Meatballs

INGREDIENTS:

- 2 14-ounce packages frozen meatballs (if using homemade, about 55-60 small)
- 1 14-ounce can whole cranberry sauce
- 1 17-ounce bottle spicy barbecue sauce

DIRECTIONS:

1. Combine sauces over medium heat in a large deep skillet and cook until bubbly.
2. Add meatballs in a single layer and stir to coat completely. Reduce heat to medium-low, cover and cook until meatballs are heated through; about 15 minutes for frozen.
3. Remove cover and continue to cook for several minutes, stirring occasionally, until sauce is reduced and completely coating the meatballs.
4. Serve on their own as an appetizer, or as a main dish over rice.
5. For slow cooker method, place meatballs in the slow cooker and pour sauces over. Stir ingredients together and cook on low for a few hours or until ready to serve. Stir again just before serving.



new balance

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Christine Comaford:

NEUROSCIENCE SERIES:

Exploring insights into our minds and our behaviors

CHRISTINE COMAFORD of SmartTribes Institute is a Neuroscience-Based Leadership & Culture Coach, teaching communication strategies for individuals and corporations. In addition to being a two-time New York Times best-selling author and featured blogger for Forbes, Christine has led speaking engagements at Harvard Business School, Google, and Microsoft.



Her clients include over 700 of the Fortune 1000, over 300 mid-sized and small businesses, and two U.S. Presidents. Christine also donates a substantial amount of her time to Hospice, placing the medical industry near and dear to her heart.



DON'T BE BLINDSIDED BY CHANGE

Written by Christine Comaford, seen in Forbes

To view this article online visit: www.forbes.com

Change blindness = when we miss a huge change because we were focused elsewhere.

Have you experienced change blindness?

Perhaps a key employee became disengaged and you could have prevented it. Or a high-potential employee kept asking for greater challenge, and before you noticed the flight risk, they left.

We've all experienced change blindness. It's often a result of not being present because we are pulled in too many directions.

Heck, you likely would've really liked to see the change you missed, maybe you would have even benefited from it, but your brain deleted it. Why?

Because while what you look at matters, what you see matters even more.

Let's unpack change blindness. Here are the players:

- **Cortisol** = a hormone released in response to stress
- **Dopamine** = a neurotransmitter with many roles, including signaling cells when the anticipation of reward is present and driving reward-motivated behavior
- **Your Sensory Cortices (SCs)** = the parts of your brain responsible for "bottom-up" attention: responding to things that grab your attention and cause you to react (alarms, email alerts, or other outside stimuli that you react to compulsively and



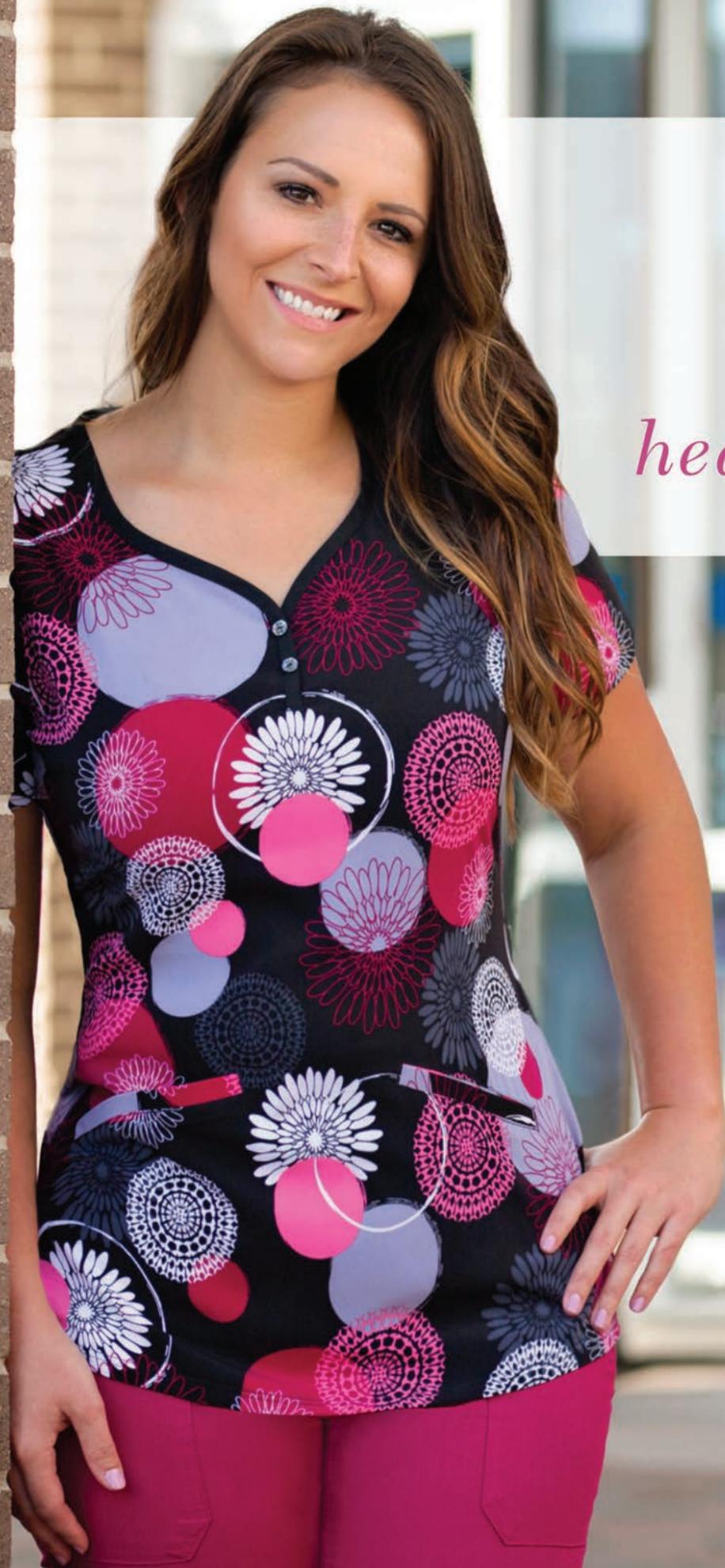
often without choice). Generally Low-Value Activities and reactive or even menial brain work occur here.

• **Your Prefrontal Cortex (PFC)** = the part of your brain responsible for "top-down" attention: decision-making, planning, envisioning outcomes, where you choose to focus, and how you choose to respond to things outside of you and inside of you. Generally High-Value Activities and strategic brain work occur here.

Your Brain On Change

Why do we have so much trouble seeing change when it's right before our eyes? Because we're still trying to cope with the changes that happened yesterday, last week, or last month. Let's take a look at our brain on change.

Whenever change happens, your brain releases stress hormones, like **cortisol**, which then fire up



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GET SMART

NEUROSCIENCE SERIES continued

(cont) cell-signaling cytokines that alter your body. Suddenly your ability to regulate your behavior and emotions is compromised. Your ability to pay attention is compromised. Your memory, learning, peace, and happiness are all compromised.

When you're overloaded on stress, you also tend to feel isolated, which decreases **oxytocin**. Then it's all too easy to find yourself on a downward spiral of disconnection: from yourself, others, your world, your purpose, and even your place in the grand scheme of things. Today, we see increasing chaos, distrust, aggressiveness, and many other behavioral challenges in our world due to disconnection.

Being in a state of stress or fear also overstimulates our **sensory cortices (SCs)** and inhibits our **prefrontal cortex (PFC)**. Increased sensory stimulation and decreased cognitive stimulation results in more irrational risk taking, obesity, aggression, addiction, and even schizophrenic behavior. It's a big deal.



At the same time, we're constantly checking email, texts, and other alerts to make sure we're safe, creating excess **dopamine**. Remember, dopamine is the neurotransmitter fired when we anticipate reward or receive an unexpected reward, pleasure, or praise. But excess dopamine is a problem: it also inhibits our PFC, further affecting our ability to make good decisions, focus, and regulate our emotions and behavior.

"FOMO, OR THE FEAR OF MISSING OUT, IS NOT NECESSARILY A BAD THING."

FOMO, or the fear of missing out, is not necessarily a bad thing. Yes, it often causes us to addictively check our messages, emails, and social media feeds. However, what's beneath it is the desire to *connect*. The desire for warmth. The desire to be seen, to be safe, to belong, and to matter. Instead of dopamine, what we really want is *oxytocin*, the bonding hormone, to help us know we're not alone.

It's Time To Reconnect

When you feel blindsided by change, the solution is simple: it's time to connect again. To trust again. When oxytocin levels are up, cortisol levels are down. When we feel connected, we know we're safe, we belong, we matter.

So how do we connect in this stress-heavy era? First, remember that people are essentially good. We all just have a greater or lesser ability to connect with ourselves and others. When you meet people who are angry or distant, perhaps they simply haven't learned or cultivated the ability to connect with others due to the past pain or hurt. At times like this, it's essential for us to have compassion and do what we can on our side to reconnect with them.

There's no point judging someone who can't reach out to others. Better to reach out and give them as much of an experience of "same as" as possible to help them re-establish their ability to connect and give. ►

NEUROSCIENCE SERIES continued

Tribes are primal. Being together with other humans is how we have survived for centuries. And yet technology, in an attempt to bring us together, has actually brought us apart. We all want to be in the "in crowd," yet we are seeing more and more separation. This makes change even harder, because when times are uncertain, we need one another more than ever.

So while change blindness may be prevalent, change presence can be, too.

Think about the change you're going through right now. In the midst of it, how can you connect with your tribe today?

"TRIBES ARE PRIMAL. BEING TOGETHER WITH OTHER HUMANS IS HOW SURVIVED FOR CENTURIES."

Christine Comaford is an executive coach and the author of SmartTribes: How Teams Become Brilliant Together. ■

"THERE'S NO POINT JUDGING SOMEONE WHO CAN'T REACH OUT TO OTHERS. BETTER TO REACH OUT AND GIVE THEM AS MUCH OF AN EXPERIENCE OF "SAME AS" AS POSSIBLE TO HELP THEM RE-ESTABLISH THEIR ABILITY TO CONNECT AND GIVE THEM A SENSE OF SAFETY, BELONGING, AND MATTERING. IT JUST MIGHT HELP THEM RECONNECT IN EVERY OTHER AREA OF THEIR LIFE."



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INTERVIEW: *Wink*

We sat down with Miranda, Victoria, Michelle, Richard learn more about Wink, an inspirational scrub brand.

SS: Where do you gain your inspiration?

W: We get inspiration from different avenues – we love our customers, so we are communicating with them quite a bit. A lot of times they have ideas or provide us with things we could improve. We definitely take into consideration what they say, and work to come up with something new and fabulous. We’re always looking at what’s happening in market, we’re trend shopping every season and see what’s going on in ready-to-wear, and we also look at runway in terms of print, color, etc.

SS: What are some fav features or designs that you put in your scrubs?

W: We’re always striving to find and create the new cutest things, like our Vera Bradley line for example. We create secret pops of print that aren’t seen in the market right now. Wink also has very beautiful pops of color, and we always try to do everything fashionable but functional. Every time that we brainstorm and create, we are always thinking: “Is this really gonna work for a nurse?” We know she has to work in the outfit so what’s going to work for her? We receive a lot of feedback sometimes but we need it – we have meetings with larger accounts and we pre-line with them; we show them the line before we actually go forward with it. We value their feedback to make sure we are developing the right thing. All types of feedback are good. Everyone wants the latest greatest next best fabric, silhouette, etc. The biggest challenge is giving our customers what they want, but

"We're always striving to find and create the new cutest things, like our Vera Bradley line for example. We create secret pops of print that aren't seen in the market right now. Wink also has very beautiful pops of color, and we always try to do everything fashionable but functional."



W: (cont) making it different. Our v-neck is always #1 best seller, so how do we make it different? How do you make it new and special and interesting? It really challenges you, but we really enjoy it! Wink scrubs are not just about being pretty, it has to be functional.

SS: How did you all come to design scrubs/enter the scrub industry?

W: Most of us have come from apparel design/womens ready to wear. We had to learn on the fly. When you work in ready to wear for the majority of your career, you really have no idea what to expect. You automatically think you won't be able to be creative but that's not true. It's difficult to bring designers over to scrubs because they have idea that you can't be creative. Scrubs is its own animal. You can still be creative as you want, but in a different way. You have to learn and understand the intricacies. We're still learning day by day – first month you'll end up challenging almost everything that comes at you, and now everything make sense. We design stuff that we actually like, and that we would actually wear (and do!).

"Wink scrubs are not just about being pretty, it has to be functional."

"We're still learning day by day – first month you'll end up challenging almost everything that comes at you, and now everything make sense. We design stuff that we actually like, and that we would actually wear (and do!)."

SS: Athleisure is huge right now; is Wink chasing it?

W: Everyone is chasing it in private label and chomping at the bit. Athleisure will be around for awhile. As we design, we take into account what has athleisure features such as a knit waistband, stretchy material, moisture wicking properties, etc. Technology is very important: we want to keep our customer's core temperature at a certain level. We're doing more of a "sleek athleisure" – it's way more sleek and we think it's cuter too!

What makes Wink stand out from other scrub companies?

W: We all LOVE what we do, and we're so passionate about it. Everyone is happy with what we're doing and creating, and it shows. When you're passionate about something you do what needs to get done. We feel proud when we're at the grocery store and we see someone wearing a Wonder Wink scrub top! It makes us so proud to work for this company!

"The nurses are doing such a selfless deed. We aren't creating something to run off to a party, we are making a functional working garment for professionals who save lives. We are all passionate, knowing at the end we are contributing to something bigger than just us."

"We LOVE what we do and we're so passionate about it."

Another thing that's pretty awesome is when we hear from consumers directly. We'll get little notes or emails saying, "Thank you so much for creating scrubs I actually want to buy!" A lot of times we get plus line compliments as well...some of these comments make me want to cry. You might be so frustrated about a top you love that dropped, but then you read this awesome email from a customer and it's just like "Oh my gosh, this is exactly why I do what I do." You really feel like you're making a difference. We're helping to work more functionally and feel good about themselves. The nurses are doing such a selfless deed. We aren't creating something to run off to a party, we are making a functional working garment for professionals who save lives. We are all passionate, knowing at the end we are contributing to something bigger than just us. We love making our nurses feel good about what they're wearing!

SS: Is there anything you'd like to say directly to our nurses and healthcare providers?

W: Thank you so much for what you do every day! You are so selfless and give up so much, most of your lives, thank you!!! We recognize what you do every single day and how you're saving lives, putting your lives at risk, and working long shifts to help others. We are here to support you and listen to what you need – we want to do anything to help your day! Thank you again for everything you do – it's really selfless. We appreciate you all so much!! ■



GBX

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BEST INDIVIDUAL COLLEGE FOOTBALL BOWL GAME PERFORMANCE

Written by our sport experts **Dewey Olson** and **Otis Cunningham**

OC: Last edition you put me in the hot seat by asking about the Most Breakable Unbreakable Record. Now it's time to turn the tables. Good luck sorting through this mess – there are no losers here. In the spirit of Bowl Season, I want you to select and defend...



THE BEST INDIVIDUAL COLLEGE FOOTBALL BOWL GAME PERFORMANCE:

BOBBY LAYNE - 1946 COTTON BOWL - ACCOUNTED FOR ALL 40 OF TEXAS' POINTS. 3 RUSHING TD, 2 PASSING TD, 1 RECEIVING TD, 4 EXTRA POINTS. QUADRUPLE THREAT!

TOMMY FRAZIER - 1996 FIESTA BOWL - 199 YARDS RUSHING, 2 RUSH TD, 104 YARDS PASSING, 1 PASSING TD, IN A NATIONAL CHAMPIONSHIP ROUTE OVER THE UNDEFEATED FLORIDA GATORS

VINCE YOUNG - 2006 ROSE BOWL - 267 YARDS PASSING, 200 YARDS RUSHING, 3 RUSHING TD, AND A 2 POINT CONVERSION. DEFEATED THE USC TROJANS, FOR THE NATIONAL CHAMPIONSHIP, THAT WERE ON A 34 GAME WINNING STREAK, AND HERALDED AS THE GREATEST COLLEGE FOOTBALL TEAM OF ALL TIME.

TIM TEBOW - 2010 SUGAR BOWL - 482 YARDS PASSING, 3 PASSING TD, 51 YARDS RUSHING, 1 RUSHING TD. BROKE THE BCS RECORD FOR PASSING YARDS AND TOTAL YARDS IN A WIN OVER CINCINNATI.

JOHNNY MANZIEL - 2013 COTTON BOWL - 287 YARDS PASSING, 2 PASSING TD, 229 YARDS RUSHING, 2 RUSHING TD. RECORD SETTING PERFORMANCE, CAPPING OFF HIS HEISMAN WINNING FRESHMAN SEASON.

DESHAUN WATSON - 2017 NATIONAL CHAMPIONSHIP GAME - 420 YARDS PASSING, 3 PASSING TD, 43 YARDS RUSHING, 1 RUSHING TD. RECORD SETTING PERFORMANCE IN A REMATCH OF THE PREVIOUS NATIONAL CHAMPIONSHIP GAME, CULMINATING IN A LAST SECOND TOUCHDOWN TO SECURE REDEMPTION.

DO: Initially I scanned this list and immediately gravitated toward Bobby Layne for the sheer diversity of contributions to the game. Rushing, passing, receiving, AND kicking? It is a tremendous performance. Almost unbelievable. I have trouble NOT selecting Layne. But...

Let's walk through the two fundamental requirements for consideration...

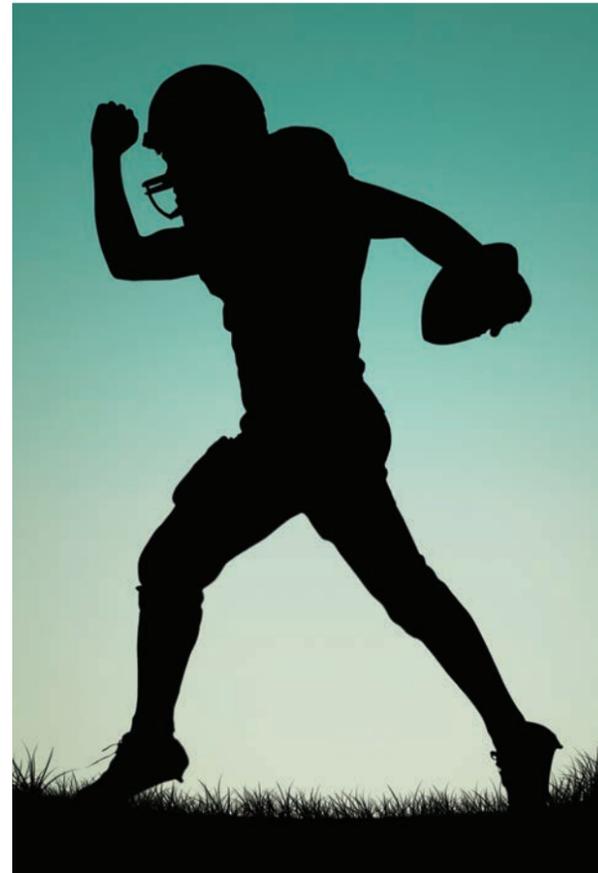
First, we have the **stat** line. How do the numbers measure up to your expectations? Bobby dominates here, hands down. On the other end, Frazier's stats don't make the cut.

Status: Layne, Frazier, Young, Tebow, Manziel, Watson

Gravity. As in, how important was the moment? Three of the above did not have the National Championship on the line – which organically minimizes the gravity of the moment. So Layne, Tebow, and Manziel are out. Sorry boys.

Status: Layne, Frazier, Young, Tebow, Manziel, Watson

“INITIALLY I SCANNED THIS LIST AND IMMEDIATELY GRAVITATED TOWARD BOBBY LAYNE FOR THE SHEER DIVERSITY OF CONTRIBUTIONS TO THE GAME. RUSHING, PASSING, RECEIVING, AND KICKING? IT IS A TREMENDOUS PERFORMANCE. ALMOST UNBELIEVABLE.”



These leaves us with mirror image performances – underdog quarterbacks facing the juggernaut of their era in wildly entertaining and dramatic finishes. 4th and 5 with :26 remaining? Crazy stakes. Game-winning TD with :01 on the clock? Epic. We're splitting hairs here.

I vividly remember watching both of these performances. In both circumstances I found myself in awe of the collegiate greatness playing out on my screen. And the finishes - my God, the finishes. Edge of your seat. Butterflies.

So let's go back and forth with some objectivities (subjective as though they may seem) – Vince Young's Longhorns were pitted against the defending champion USC Trojans and their 34-game win streak; but largely USC's success was traceable to the offensive-side of the ball. So Young was

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DO: (cont) facing USC's weaker unit. By contrast, Alabama's defense was the stout, impenetrable wall against whom Watson would have to face.

Watson +1

Watson's performance was buoyed by some outstanding play from his receiving corps. Some off-target throws were hauled in at clutch times – so Deshaun had help. Young seemed to be playing by himself that night. If Texas was going to win, it was going to be because Vince got 'em to the finish line.

Young +1

As I watched the 4th quarter of Clemson/Alabama, I was experiencing the sense that 'Bama wasn't going to be able to stop Deshaun and Clemson. That the Clemson offense had the advantage. Given the ball and time on the clock, I felt that Watson would get it done and win the title. That's a real feather in Watson's cap and a statement about just how amazing he performed. With Young, I had the almost helpless feeling

that "he can't keep this up". All the way until that scramble right into the end zone, I just felt that the hill was too steep for one guy. I had a desperate sort of optimism – the game was too fragile that; that one misstep and it was over.

So who is awarded the final point here? You could rightfully claim ownership on either side. For me, there is an elegance in the insecurity. The hopeless hope on a final drive. While Watson was prodigious, Young was transcendent. It was the greatest performance woven into perhaps the greatest ever played. It was simply and chaotically perfect. A masterpiece.

Young +1 ■

WE'D LOVE TO HEAR FROM YOU!

With every edition, our goal is to inspire you by delivering content you want to read. Therefore, we'd love the opportunity to hear from you, our devoted readers!

Whether you have a question, want to comment on an article you read in this issue, have suggestions for our next issue, or are inspired to share your own story, we are always here to listen!

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PLEASE INCLUDE:

In addition to your comments, please include some information about yourself so we can respond to you in our next issue!

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- YOUR BIRTHDAY AND AGE

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